

In the Claims:

Please cancel claims 20 – 29 and 33 without prejudice.

Please see Appendix A for a marked-up version of claims 5, 6, 30 – 32 and 34 reflecting the condition of the claims prior to entry of this amendment and the changes incorporated in the amended claims below.

- 63 B1 Cont
5. The support of claim 4 wherein the retracted position includes the leg positioned substantially parallel to the longitudinal axis.
6. The support of claim 4 wherein the retracted position includes the arm and the leg positioned substantially parallel to the longitudinal axis.
- 30 B1 Cont
30. A method for support comprising:
- simultaneously extending an arm of an arm attachment assembly and a leg of a leg attachment assembly to an extended position by moving an actuating member;
 - locking the arm and leg in the extended position; and
 - placing the leg and a body of the support on a surface such that the arm is suspended above the surface.
31. The method of claim 30 further comprising moving the actuating member to simultaneously retract the arm and the leg to a retracted position.
32. The method of claim 30 wherein simultaneously extending the arm and the leg includes moving a moving arm ring and a moving leg ring toward a respective fixed arm ring and fixed leg ring.
- 34 B1 Cont
34. The method of claim 30 wherein locking the arm and leg in the extended position includes rotating the actuating member relative to a body of the support.